

Jellies and Junkets as Real Summer Foods

By VIRGINIA CARTER LEE

DISHES made from gelatine and junket tablets are especially attractive in the summer, the latter presenting jellied milk in a most appetizing form and the former furnishing a number of tempting jellies that are useful in serving small portions of fish, vegetables, poultry and meat (either singly or in combinations), thereby providing a delicious meal at small expense.

Mint, tomato and aspic jelly can all be used in this way, the mint being particularly good with lamb or mutton and the addition of a few cooked peas and tiny strips of carrots. The real old-fashioned aspic was very complicated to prepare, requiring clarified stock as well as straining and restraining; but, in the recipe given for the sardines in aspic, the formula is as simple as it is satisfactory. When fish is to be moulded add lemon juice to taste, but with fowl, meats, etc., use Worcestershire sauce.

In addition to the jellies mentioned, gelatine may be used to advantage in many frozen desserts, such as blanc mange and Bavarian cream. A plain vanilla blanc mange with a fruit sauce is very refreshing, and the coffee parfait served for the Sunday dinner is an example of a simple frozen dessert calling for gelatine.

One of the junket tablets will jelly a scant quart of milk, and the tablets should be broken and used in the same proportion for smaller quantities of liquid. The two points to remember are to have the milk mixture at tepid heat only when the dissolved junket tablet is added, and to let the junket remain in a warm room until set, without jarring it; then chill on the ice. Try half filling the sherbet cups with diced fruits, then adding a plain vanilla junket; chill and serve topped with a spoonful of sweetened whipped cream. This not only is delicious, but it contains the whole milk, combined with the fruit and

cream, thus giving an ideal summer dessert. Also do not forget that in making this dessert there is no cooking, except the warming of the milk.

In using the different gelatines, two level tablespoonsful will jelly about three and a half cupsful of liquid. If, however, heavy ingredients like fish, poultry and fruits are added, the liquid may be slightly decreased.

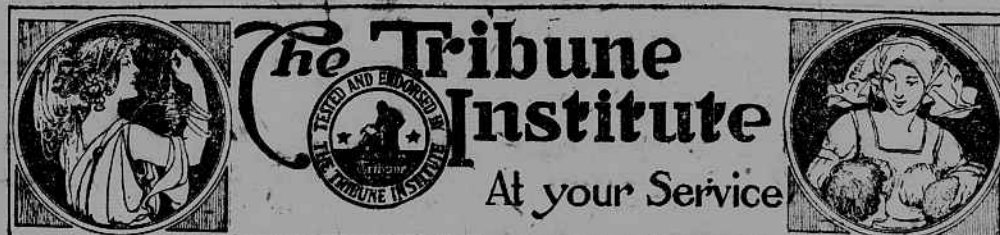
Do not "cook" gelatine. First soften it in a little cold water, then stir it into the hot liquid until dissolved.

The gelatine mayonnaise for Wednesday's luncheon is made by beating the yolk of one egg with half a teaspoonful of salt, the same of powdered sugar and a quarter of a teaspoonful each of mustard and paprika. Beat until very light and add half a teaspoonful of gelatine, soaked in half a tablespoonful of lemon juice and then dissolved over hot water. Beat in slowly one cupful of vegetable oil, alternating with one and a half tablespoonsful of lemon juice or vinegar.

Supplies for the week will include at the butcher's one-quarter of a pound of bacon at 40 cents a pound, one pound of chopped beef round for 48 cents, one pound of stewing mutton at 28 cents a pound, one pound of chopped veal at 35 cents a pound, a slice of salt pork for 7 cents, one can of boned chicken for 60 cents and a slice of cooked ham for 35 cents.

Dairy products will amount to \$4.41 (the quantity of milk and cream being increased this week to 9 quarts of the former and six quarts of the latter). The detailed marketing prices for four persons should run about as follows:

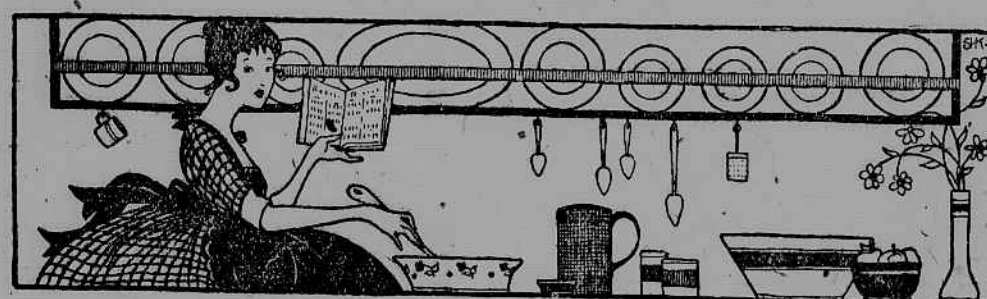
Butcher's bill	\$2.13
Fish bill	1.29
Dairy products	4.41
Fruits	1.65
Vegetables	1.90
Groceries	3.62
Total	\$15.00



When a Jelly Is Not a Dessert

TIME was when wine or lemon jelly for invalids or company was our idea of the usefulness of gelatine and making aspic was regarded as a laborious process practised almost exclusively by the chef. But aspics made as described by Miss Lee, for use with fish and meats and vegetables, make the most delicious of summer dishes for any meal but breakfast and are easily within the capacity of the home cook. Of course, junkets are ideal foods for children and can be made as attractive, with fresh fruits in season, as the most indigestible of desserts—which is saying much.

A. L. P.



TESTED RECIPES

Macaroon Peach Junket

Sweeten a quart of tepid milk with six teaspoonsful of sugar, flavor with half a teaspoonful of vanilla extract and add one junket tablet dissolved in a tablespoonful of lukewarm water. Stir quickly and pour over shredded canned peaches and powdered macaroon crumbs that have been placed in small sherbet cups. Fill the cups about half full and pack down tightly, so that the junket cream will form on top. Leave in a warm room until the junket is set, then chill on the ice, and, when ready to serve, dust the tops with additional crumbs and top with sweetened whipped cream.

Sardines in Aspic Jelly

Put into saucepan one and a half cupsful of cold water and add a tablespoonful each of chopped carrot and celery, a slice of onion, a sprig of parsley, one bay leaf, three cloves and salt and paprika to taste. Cover and let simmer for half an hour. Strain and add half a teaspoonful of beef extract. When this is dissolved stir in one tablespoonful of gelatine softened in two tablespoonsful of cold water and a little lemon juice. Continue to stir until the gelatine is melted, remove from the fire and cool. Free the contents of a small can of sardines from skin and bones, drain and, with the assistance of the jelly, mould the fish with sliced stuffed olives and bits of parsley in a square mould. Be sure each layer is firm before the next is added, then chill on the ice. Serve cut in slices on crisp lettuce leaves.

Chocolate Junket Ice Cream

Junket makes a most delicious and inexpensive ice cream. Dissolve two tablespoonsful of grated, unsweetened choco-

late in a pint of hot milk, bring to the boil and add four tablespoonsful of sugar. Simmer for two or three minutes, remove from the fire and cool. Add one cupful of additional milk, half a teaspoonful of vanilla, one cupful of thin cream, and, when the mixture is lukewarm, stir in one junket tablet dissolved in a tablespoonful of tepid water. Stir briskly, turn into a freezer and let stand until firm. Freeze as for any ice cream.

Chaud-Froid of Salmon

Rinse the contents of a can of salmon thoroughly with cold water and separate into flakes. Mix together half a tablespoonful of sugar, half a teaspoonful of mustard and a quarter of a teaspoonful of paprika. Blend in three-quarters of a cupful of milk, one and a half tablespoonsful of melted butter and a quarter of a cupful of vinegar. Cook over boiling water until the mixture thickens, add the beaten yolks of two eggs and three-quarters of a tablespoonful of gelatine softened in two tablespoonsful of cold water. Stir for a moment or two after the latter ingredients are added, remove from the fire and add the salmon. Stir occasionally as it cools and mould. Chill on the ice and serve unmoulded.

Ham and Chicken Mousse

Pound one cupful each of chopped boned chicken and cooked ham to a paste (use the chopping bowl and a wooden masher). Soak one tablespoonful of gelatine in a quart of a cupful of cold water, dissolve in the same amount of hot water and add to the meat mixture with a little paprika and a tablespoonful of chopped parsley. Fold in half a cupful of double cream whipped solid, turn into a mould and chill. Serve unmoulded surrounded with a border of crisp dress.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST Dry Cereal Prune Whip Crisp Bacon Rolls Grilled Tomatoes Toast Coffee	BREAKFAST Stewed Rhubarb Browned Vegetable Hash Cereal Gems Coffee	BREAKFAST Stewed Cherries Coddled Eggs Raised Potato Rusks Watercress Coffee	BREAKFAST Fruit Compote Fried Panfish Radishes Corn Bread Coffee	BREAKFAST Moulded Cereal with Dates Scrambled Eggs with Chili Sauce Buttered Toast Coffee	BREAKFAST Strawberries Dry Cereal Coffee	BREAKFAST Cherries Oatmeal Muffins
LUNCHEON Sardines in Aspic Jelly Thin Bread and Butter Strawberries Cup Cakes	LUNCHEON Cream of Asparagus Soup Croissants Fruit Salad Brown Bread Sandwiches	LUNCHEON Fish Salad Gelatine Mayonnaise Hot Tea Biscuits Strawberries	LUNCHEON Hot Cheese Sandwiches Watercress Ginger Ale Coffee Gingerbread	LUNCHEON Fried Nut Scrapple Thin Bread and Butter Radishes Strawberry Junket	LUNCHEON Moulded Stuffed Eggs in Tomato Jelly Rye Bread Iced Tea Hot Chocolate Pudding	LUNCHEON OR SUPPER Lettuce Sandwiches Olives Fruit Punch
DINNER Cucumber Canapés Spanish Omelet Baked Potatoes Asparagus Macaroon Peach Junket	DINNER Jellied Tomato Bouillon Broiled Bluefish Macaroni au Gratin String Beans Pineapple Cream Pie	DINNER Panned Hamburg Steak Mushrooms Creamed Potatoes Vegetable Salad Chocolate Junket Ice Cream	DINNER Aspic Jelly and Olive Canapés Mutton Croquettes Baked Tomatoes Mashed Potatoes Grape Juice and Orange Sherbet	DINNER Vegetable Soup Chaud-froid of Salmon Lettuce and Cucumber Salad Deep Rhubarb Tart	DINNER Cream of Corn Soup Veal Loaf Stewed Tomatoes Riced Potatoes Caramel Junket	DINNER Bouillon in Cups Chicken and Ham Mousse O'Brien Potatoes Green Peas and Carrots Coffee Parfait

Efficiency: Proper Equipment Spells Economy

Two Generations of the "Easy" Vacuum Washer

Tested and Indorsed in The Tribune Institute

System: Every Business Must Have Its Machinery

"THE easiest way is the best" is not always true, unfortunately, but it is in the case of the vacuum washing machine. Rubbed knuckles and bent backs that have paid their tribute to the old-fashioned washboard for years are cured for life by installing a washing machine in the family kitchen.

And among all the washing machines there is no principle quite equal to that of the vacuum or suction washer. Even the one inverted cone on a straight stick, used in a washtub by main force and awkwardness for the first time in 1877,

is still going strong despite its rivals. The next year a lever was applied to the vertical stick. Other improvements followed thick and fast, until two cones were attached to the horizontal lever and the Improved Model B had arrived. With each "Easy" up and down stroke, the vacuum cups force air, water and soap suds through the clothes, and at the same time describe a quarter circle at each stroke, which stirs the clothes in the bottom of the tub and insures that they all get equal attention. Thirty strokes a minute is a comfortable speed at which to operate the lever.

Proved: Suction Beats Scrubbing

In the tests made in The Tribune Institute the equivalent of one charge, five sheets, was placed in the tub with hot water. A soap solution (one cake of soap to two quarts of water boiled together) was used to lather the clothes. There must not be too many clothes placed in the tub; a groove indicates the high-water mark. Ten minutes' work was sufficient to produce clothes that were practically pure white, although the aprons, dishcloths and sheets washed were very dusty and grimed and had lain for some time in this condition. A more severe test could not have been devised. And this result represents

a maximum amount of labor with a vacuum washer of the hand operated model.

The tub, although it is durable, being made of galvanized steel, is not heavy; it weighs 40 pounds, takes up but little room and moves about easily on rounded feet. It measures 23 inches in diameter at the top, 20 inches at the bottom, and is 12½ inches deep, standing 28 inches from the floor. A two-section galvanized cover prevents any splashing, and the cups may be raised and swung aside to facilitate taking the clothes out when the work is done. The happy looking girl in the illustration is engaged in the act of doing this.

There is a vent in the bottom of the tub by which the water may be drawn off without the labor of bailing. This could be improved by the use of a horizontal or side screw valve or faucet.

A hand wringer can be adjusted

to the side of the tub, but is not included in the initial price.

Time, Clothes and Strength Saved

An average washing for a family of four would require about five charges, which means that the actual labor of cleansing, not including the rinsing, wringing and hanging out of the clothes, would require about an hour, and the effort expended is also decreased in even greater proportion than the time, while the wear and tear on the clothing falls off in geometric ratio. Some have asked if the clothes would not get torn by becoming entangled in the cups and about the central rod. We can stoutly assert that they do not. One apron string did dare to twist about the centre rod and back on itself, but not the slightest harm was done to the garment.

But great as the advance has been from the destructive, back-breaking washboard to the hand washing machine, the distance between this machine and its electrically operated relative is still greater. Some of the most important advantages of the electric machine over the hand machine are, first, the obvious one that electricity, instead of muscular strength, does the work, and you can turn the button of a lamp socket and go about other things while the washing is done.

A Laundress for Two Cents a Week

While the wringer insists on co-operation, still here, too, electricity does the hard work. Furthermore, all ye who struggle with blue Mondays, vanishing washerwomen, and laundresses who are delicate ladies of quality, note also that this electric washer takes a charge about twice as large as the hand machine. And the cost of operation at 10 cents a kilowatt hour is from 2½ cents to 2½ cents an hour. So this laundress, in putting out a week's washing for a family of four or five, would charge you for service only about two cents, less than a postage stamp, for a weekly wage!

The device for emptying the tub is most convenient, and a hose may be attached to it or it may be piped to the drain. A special gas heater is available to attach to the iron stand of the washer and heat the water in the tub. Thus cold water can be hosed directly from the faucet and hot water need not be carried to fill the tubs.

The wringer works either way. A handy lever starts, stops or re-

verses its operation, and there is a safety release of the rolls for emergency. This obliging convenience locks in any one of four positions, which is a great help in rinsing, bluing and in placing the machine. The wringer is 11 inches wide, has wooden bearings and rubber rolls. The tub of the electric washer is a solid copper, tin lined cylinder, with a removable one-piece cover, and it is good to look upon as well as serviceable.

For families with many small children or for the summertime lingerie, shirtwaists and dresses, in these days of no servants, the washing machine, whatever its cost, is no luxury—it is a stern but delightful necessity—one of the gleams of hope that come to the housekeeper

struggling with the ups and downs of household administration and heat and summer guests all at the same time.

"Easy" Vacuum Hand Power Washer—Model B. Price \$17.50.

"Easy" Electric Vacuum Washer—Model H. Price, copper tub, \$150; zinc tub, \$125.

Made by The Syracuse Washer Corporation, 507 East Water Street, Syracuse, N. Y.

SEE TRIBUNE GRAPHIC FOR OTHER INSTITUTE TESTED AND ENDORSED DEVICES.

Cherries in the Can

By MARGARET HAMELIN

UNLIKE many other fruits, cherries should not be preserved until they are quite ripe. If allowed to hang on the tree even a week after they are deemed ripe they will be larger, of a very rich red color and much sweeter. It must also be remembered that prolonged cooking and the application of a very high heat in an open kettle change the natural flavor of the cherries. They should only be simmered, never boiled rapidly.

Preserved Cherries

Remove the pits from large cherries, allow a pound of sugar and one cupful of water to each pound of fruit. Melt the sugar in the water, let it come to the boil and skim well. Then add the cherries and let simmer for about twenty minutes. Take out with a skimmer, pack into sterilized hot jars and boil down the syrup until quite thick. Fill the jars to overflowing and seal airtight with new rubbers and hot covers.

Preserves and "Shrub" from the Same Cherries

Stone the cherries and cover with vinegar. Let stand in a cool place for twenty-four hours and next day drain off the fruit juice and the vinegar. To each pint of juice add a scant pound of sugar, let simmer for twenty-five minutes and bottle airtight. Put the drained cherries in a stone crock with alternate layers of granulated sugar, allowing three-quarters of a pound of sugar for each pint of fruit. Keep the crock covered and in a cool place. Every eighteen hours stir the fruit and sugar carefully for a period of eight days.

The uncooked preserves can be put in small jars and paraffined, but they need not be sealed airtight.

Mock Maraschino Cherries

Select the largest sized cherries and remove the pits, saving all the juice. Measure fruit and juice and allow an equal amount of sugar. Drain the cherries and set on the ice. Put the juice and sugar into a preserving kettle, cook to a thick syrup and add the cherries. Simmer for fifteen minutes. Drain off half the cherry syrup, add an equal amount of white grape juice, bring quickly to the boil and seal as for preserved fruit.

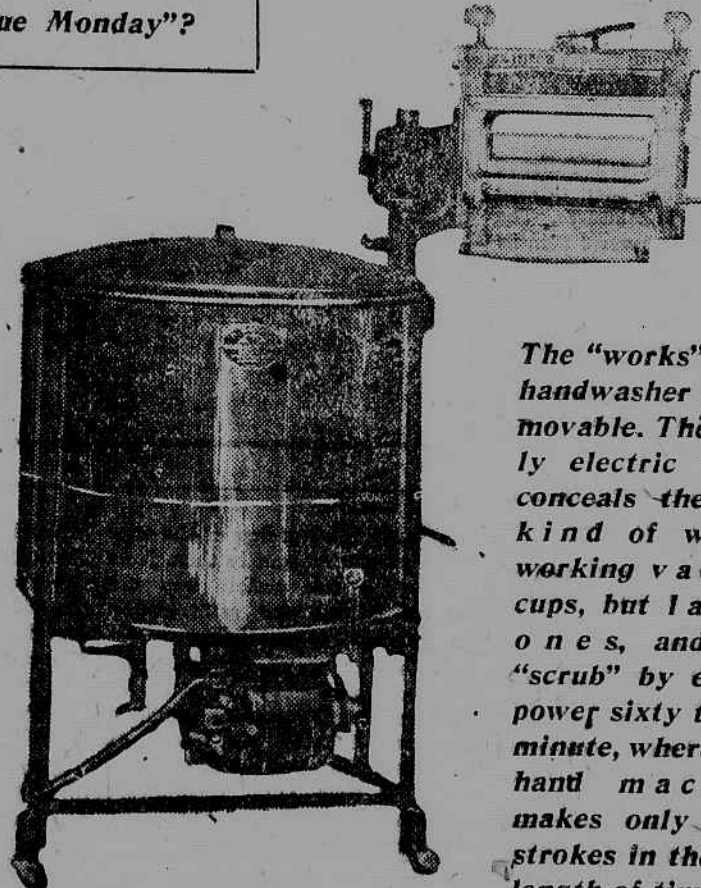
Canned and Dried

Cherries canned in a light sugar syrup (two cupsful of sugar to four cupsful of water) are a very satisfactory product. Place washed cherries, pitted preferred, in a hot, sterilized jar, adjust the rubber ring, and pour the boiling syrup over the fruit to overflowing. Partially seal the jar and sterilize, covered with boiling water, for sixteen minutes. If plain boiling water is used in the jar in place of the syrup sterilize for thirty minutes. After sterilizing complete the seal, invert to test for leakage, cool, wrap, label and store in a cool, dry place.

Dried cherries are one of the best dried fruits, raw, stewed, or for winter pies. Remove the stems, and if the fruit is large the stones also. Spread in thin layers on drying trays and dry from two to four hours, starting at 110 degrees F. Condition by placing them in boxes and pouring from one box into another every day for four days. This insures an even drying. If found to be too moist return to the dryer for a short time.



Who said
"Blue Monday"?



The "works" of the handwasher are removable. The state-of-the-art electric washer conceals the same kind of wonder-working vacuum cups, but larger ones, and they "scrub" by electric power sixty times a minute, whereas the hand machine makes only thirty strokes in the same length of time.

Preserved Pineapple

By VIRGINIA CARTER LEE

PINEAPPLES are cheapest and best during the early summer, but even then they cannot be classed among the cheap fruits. Fortunately, however, the pineapple flavor is so strong that a combination of it can be made with less expensive and more weakly flavored fruits, thus lessening the cost of the finished conserve, marmalade or preserves.

Preserved Pineapple

Pare the pineapples and pick out the eyes, cut in slices, then remove the hard centres, chop, and place them in a net bag. Cook all in boiling water until tender, then drain off the fruit liquid, remove the hard centres and weigh the cooked fruit. For each pound of fruit add three-quarters of a pound of sugar and dissolve the sugar in a scant cupful of the pineapple juice, adding the grated yellow rind and juice of half a lemon. When the syrup boils skim and put in the slices of pineapple. Let cook very slowly for twenty-five minutes and seal in hot, sterilized jars as for canned fruit.

Pineapple Butter with Honey

Add a very little water to shredded pineapple, just enough to prevent burning, and let simmer slowly until very tender. For two quarts of the fruit mixture add a pint each of honey and granulated sugar and cook until very thick. Cover when cold with paraffine.

Gooseberry and Pineapple Jam

This combination of fruit flavors is particularly good. Remove the stems and calyx ends of the gooseberries; pare the pineapple, remove the eyes and shred the edible pulp.

Pineapple Marmalade

Peel the pineapples and shred the edible pulp with a silver fork. For six pints of the pineapple allow two oranges and two and one-half quarts of sugar. Sprinkle the sugar over the pineapple, that has been placed in a preserving kettle, and add the pulp of the oranges, cut fine. Mix well, and let stand for several hours. Chop the yellow rind of the oranges very fine, cover with cold water and let stand over night, then add to the water until very tender. Add the rind to the fruit and sugar mixture, and cook slowly until very thick. It will take at least forty minutes. Store as for jelly.

S & S Ginger Ale

The Taste Tells
It is pure, wholesome and appetizing—good for all—the time. Keep a case in your home.